

Shark Notes, October 28, 2019

1. Practice schedule for Oct 28-Nov 2  
Senior M-W 245-415pm, Th 1145-1pm & F 245-415pm  
Green M/W 415-515pm & F 2-3pm  
Gold M/W 500-630pm, T 530-700pm & F 245-415pm  
AM M/W 6-7am/630-730am & F 8-930am  
WeeSharks T 445-530pm  
Sat 8-930am
2. This week, there will be no Gold & WeeSharks on Halloween. On Fri, Nov 1 there will be an 8-930am morning practice (combined Gold & Sr), Green 2-3pm and combined Gold & Sr from 245-415pm.
3. Next week will be Bring-A-Friend week. Any Shark may bring a friend to practice during the week. We are of course always on the lookout for new swimmers and allow one week for one to try the Sharks before joining the team.
4. Dryland Practices, will be held on Tues & Thurs. The Seniors have been and will continue with Dryland Training from 245-315pm. The Gold Team will have dryland from 530-545pm. This week we will only have dryland on Tues.
5. The Parents Meeting will be held on Thursday, November 14. New parents (Green Team, WeeSharks & 1<sup>st</sup> year) will meet from 545-630pm and returning parents from 630-730pm. We will host a practice meet on Wed evening, Nov 13 @430 to allow new swimmers to practice racing and for parents to try timing in a no pressure setting.
6. Upcoming USA Swimming meets are the King/Queen on Nov 8-9 (due Nov 1), signup attached and the Candy Cane Dec 8 (due Nov 27), no info as of today. Swimmers/parents can register for memberships for Maine Swimming (MSI) for 2020 are \$73 for Full Year (valid thru 12/31/20) and \$44 for Seasonal (valid thru 3/22/20) by notifying Jim.
7. The weekend of Nov 16-17, we will have two home meets. On the 16th we will be swimming a dual meet against PBAY (Camden) Sailfish and on the 17<sup>th</sup> will be the 36<sup>th</sup> Annual MDI Y Sprint Meet (signups attached). We will be traveling to Augusta on Dec 7 to swim KVV (Augusta) Stingrays.
8. For Y Dual Meets, we do not use signup sheets, we do use signup sheets for most MSI Meets and the Y Developmental meets. For Home Y Dual Meets, swimmers/families need to inform the coaches that they will not be attending. For Away Y Dual Meets, swimmers/families need to inform the coaches that they will be attending.
9. Streamlining & Kicking, will be the major focus of the workouts the next 2 weeks for all team groups. It is extremely important that all swimmers develop a sleek streamline to cut through the water off the start and turns. Incorporating a great streamline with a powerful kick will help the swimmer propel themselves at a greater speed.
10. We need swimmers to make sure they are registered at the front desk for the 2019-20 swim-season. Please remember that there are draft plans available and that the Y does offer scholarships & reduced fees for swimmers/families in need. All swimmers must be on the YMCA's roster and a member of the YMCA before swimming in a meet. Registration form is attached and posted on the website.
11. Swimmers & others may sign-up for Deck Pass. Deck Pass includes patches, goals, best times, friends and many other things. USA Swimming will connect you to articles, videos, insights, data and much else when using desk pass. To signup go to [www.tinyurl.com/mdiideckpass](http://www.tinyurl.com/mdiideckpass).
12. Working on hotel reservations for available for SYOA in Westbrook on Jan 11-12 and for Winter Champs in Orono from March 19-22. Info should be posted next week on both meets.
13. Feel free to pass along this email to anyone interested and if you have any questions, please email.

**“Do, or do not. There is no ‘try’.” Yoda, *The Empire Strikes Back***